

**Amendments to the Claims**

1-10. (Canceled).

11. (Currently amended) A food supplement, comprising lipoic acid ~~or a derivative thereof~~, and creatine ~~or a derivative thereof~~.

12. (Currently amended) A food supplement according to Claim 11, comprising alpha lipoic acid ~~or a salt or ester thereof~~ and creatine ~~or a hydrate, salt or ester thereof~~.

13. (Currently amended) A food supplement according to Claim 11, comprising lipoic acid ~~or a derivative thereof~~ and creatine monohydrate.

14. (Previously presented) A food supplement according to Claim 11, further comprising glutamine.

15. (Previously presented) A food supplement, comprising a dry mixture of the following ingredients in a daily serving of about 26g to 78g: 55% to 70% water extracted soy protein isolate containing at least 80% protein; 20% to 30% carbohydrate consisting essentially of fructose; 1% to 3% of an amino acid premix comprising two or more free form amino acids selected from the group consisting of l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha-ketoglutarate; 1.5% to 2.5% medium chain triglycerides; 1.5% to 2.5% creatine monohydrate; 0.18% to 0.28% l-carnitine; 0.15% to 0.25% grape seed extract; 0.025% to 0.035% coenzyme Q10; 0.01% to 0.02% piper nigrum extract; and 0.0001% to 0.0003% alpha lipoic acid.

16. (Previously presented) The food supplement of Claim 15 in which said amino acid premix includes the following amino acids: l-leucine, l-glutamine, l-alanine and glycine.

17. (Previously presented) The food supplement of Claim 16 in which said amino acids are present in the following percentages per total weight of premix: l-leucine 35% to 45%, l-glutamine 30% to 40%, l-alanine 5% to 15%, glycine 5% to 15%.

18. (Previously presented) The food supplement of Claim 15 in which said mixture also includes 0.05% to 0.15% conjugated linoleic acid.

19. (Previously presented) The food supplement of Claims 15, 16 or 18 in which said mixture also includes 0.25% to 0.35% phosphatidylserine/phosphatidylcholine complex.

20. (Currently amended) The food supplement of Claims 15, 16 or 18 in which said soy protein isolate ~~is water-extracted and~~ includes retained isoflavones.

21. (Previously presented) The food supplement of Claim 15 in which said amino acid premix includes l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha- ketoglutarate.

22. (Previously presented) The food supplement of Claim 21 in which said amino acids are present in the following percentages per total weight of premix: l-leucine 25% to 30%, l-glutamine 20% to 25%, l-alanine 4% to 7%, glycine 4% to 7%, l-arginine 20% to 25%, l-lysine 8% to 15%, ornithine alpha-ketoglutarate 4% to 7%.

23. (Previously presented) The food supplement of Claim 15 in which said mixture also includes 0% to 3% lecithin and 0% to 3% one or more flavoring agents.

24. (Previously presented) A food supplement comprising a dry mixture of the following ingredients in a daily serving of about 26g to 78g: about 61.9% water-extracted soy protein isolate containing at least 80% protein, about 27.7% carbohydrate consisting essentially of fructose, about 2.7% of an amino acid premix comprising two or more free form amino acids selected from the group consisting of l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha-ketoglutarate, about 1.9% medium chain triglycerides, about 1.9% creatine monohydrate; about 0.2% l-carnitine; about 0.2% grape seed extract, about 0.1% conjugated linoleic acid, about 0.3% phosphatidylserine/phosphatidylcholine complex, about 0.03% coenzyme Q10, about 0.01% piper nigrum extract, about 0.0002% alpha lipoic acid, about 1.3% lecithin, and about 1.7% flavoring agents.

25. (Withdrawn) A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete a supplement comprising lipoic acid or a derivative thereof, and creatine or a derivative thereof.

26. (Withdrawn) A method of Claim 25 wherein the food supplement is mixed with water to provide a liquid drink.

27. (Withdrawn) A method for enhancing an athlete's muscle size or strength, comprising administering to the diet of the athlete a supplement comprising lipoic acid or a derivative thereof, and creatine or a derivative thereof.